

Stanford



Michael Royer

Postdoctoral Scholar, SCRDP/ Heart Disease Prevention

Bio

PROFESSIONAL EDUCATION

- Doctor of Philosophy, Arizona State University , Exercise and Nutritional Sciences (2023)
- Master of Science in Education, Western Oregon University , Health (2017)
- Bachelor of Science, Western Oregon University , Exercise Science (2015)

STANFORD ADVISORS

- Christopher Gardner, Postdoctoral Research Mentor
- Abby King, Postdoctoral Faculty Sponsor

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Royer's research interests include food insecurity, eating behaviors, and physical activity. His research primarily aims to remove barriers hindering individuals from accessing healthy food. Dr. Royer seeks to advance public health by sustainably promoting healthy eating and food security through innovative and evidence-based research approaches. Through his research, he is motivated to promote food security, healthy eating, and physical activity toward the prevention of chronic disease.

Publications

PUBLICATIONS

- **Promoting Physical Activity With Text Messaging: Does Advisor Personalization Matter?** *American journal of health promotion : AJHP*
Royer, M. F., Campero, M. I., Garcia, D., Corral, C., Rodriguez Espinosa, P., King, A. C.
2026; 8901171261426728
- **Human Telephone vs Text Message Counseling and Physical Activity Among Midlife and Older Adults: A Randomized Clinical Trial.** *JAMA network open*
King, A. C., Campero, M. I., Rodriguez Espinosa, P., Garcia, D., Corral, C., Sweet, C. C., Xiao, L., Royer, M. F., Zamora, A., Cortes, A. L., Done, M., Banda, J. A.
2025; 8 (9): e2528858
- **Food insecurity and cardiovascular disease risk factors among U.S. adults.** *BMC public health*
Royer, M. F., Rosas, L. G., King, A. C.
2025; 25 (1): 817
- **Piloting a Virtual Mindful Eating Program to Improve Eating Behaviors and Reduce Food Waste** *CHALLENGES*
Royer, M. F., Kechter, A., James, D. L., Moeller, M., Vizcaino, M., Wharton, C.

2025; 16 (3)

- **Serving up FLAN. a food literacy and nutrition intervention to fend off food insecurity.** *BMC nutrition*
Royer, M. F., Hauser, M. E., Zamora, A. N., Campero, M. I., Garcia, D., Gabaray, M., Sheats, J. L., King, A. C.
2024; 10 (1): 102
- **The Folly of Food Waste amidst Food Insecurity in the United States: A Literature Review** *CHALLENGES*
Royer, M. F.
2024; 15 (2)
- **The Design and Testing of a Text Message for Use as an Informational Nudge in a Novel Food Insecurity Intervention** *CHALLENGES*
Royer, M. F., Wharton, C.
2023; 14 (4)
- **Absent mindfulness: mediation analyses of the relationship between adverse childhood experiences and disordered eating among young adults** *FRONTIERS IN CHILD AND ADOLESCENT PSYCHIATRY*
Royer, M. F., Cosgrove, K., Wharton, C.
2023; 2
- **The FINDING-Food Intervention: A Mixed-Methods Feasibility Study Addressing Food Insecurity.** *CHALLENGES*
Royer, M. F., Wharton, C.
2023; 14 (4): 1-18
- **Association between household food insecurity during the COVID-19 pandemic and subjective cognitive difficulties among adolescents in the United States** *PSYCHIATRY RESEARCH*
Onyeaka, H. K., Baiden, P., Royer, M. F., Muoghalu, C., LaBrenz, C. A., Nicholas, J. K., Spoor, S., Bock, E., Adeku, Y.
2022; 318: 114936
- **Physical activity mitigates the link between adverse childhood experiences and depression among US adults** *PLOS ONE*
Royer, M. F., Wharton, C.
2022; 17 (10): e0275185
- **Food insecurity and adverse childhood experiences: a systematic review** *NUTRITION REVIEWS*
Royer, M. F., Ojinnaka, C. O., Zhang, X., Thornton, A. G., Blackhorse, K., Bruening, M.
2022; 80 (10): 2089-2099
- **Availability, variety and distribution of healthy and unhealthy foods and beverages sold at street food stands in Mexico City** *PUBLIC HEALTH NUTRITION*
Chavez, J., Bruening, M., Royer, M. F., Ohri-Vachaspati, P., Lee, R. E., Jehn, M.
2021; 24 (17): 5577-5588
- **Food Insecurity is Related to Disordered Eating Behaviors Among College Students** *JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR*
Royer, M. F., Ojinnaka, C. O., Bruening, M.
2021; 53 (11): 951-956
- **Food Insecurity Is Associated with Cognitive Function: A Systematic Review of Findings across the Life Course** *INTERNATIONAL JOURNAL OF TRANSLATIONAL MEDICINE*
Royer, M. F., Guerithault, N., Braden, B. B., Laska, M. N., Bruening, M.
2021; 1 (3): 205-222